SCIENTIFIC ARTICLE REFERENCES

Prepared by Lynne Shinto
Presentation about Naturopathic Medicine
Body, Mind, Spirit: Optimizing Wellness for People with MS
Sponsored by the National MS Society, Oregon Chapter

Diet
-Swank RL. Multiple sclerosis: twenty years on low fat diet. *Arch Neurol*, 1970;23(5):460-74
-Weinstock-Guttman B et al. a randomized study of low fat diet with w-3 fatty acid supplementation in patients with relapsing remitting multiple sclerosis. *Neurology*, 2003; 60(S1): A151.

Antioxidants

Supplements

**Exercise**

**Dementia**

**Stress**

**Depression**

**Epidemiology: fish and depression**
- Hibbleln. Fish consumption and major depression. *Lancet* 1998; 351:1213


**Inflammation and Depression**


-Maes M, et al. Increased serum IL-6 and IL-1 receptor antagonist concentrations in major depression and treatment resistant depression. *Cytokine* 1997;9:853-8


-Mohr, et al. Treatment of depression is associated with the suppression of nonspecific and antigen specific T(H)1 responses in multiple sclerosis. *Arch Neurol* 2001; 58(7):1081-6

**Omega-3 and Inflammation**


**Other**


-Cochrane Database Systematic Review. Acupuncture for idiopathic headache. 2001: CD001218

- Cochrane Database Systematic Review. Massage for low back pain. 2002: CD001929

**Studies reported at the American Academy of Neurology (AAN) 2005, Miami, FL**